

Blanching Steps:

1. Prepare a large bowl of water with ice.
2. Bring a large pot of water to a rolling boil on high heat and throw in a pinch of salt.
3. Cut your vegetables or fruit into uniform pieces for even cooking.
4. Put in vegetables or fruit into the pot in small batches. Let it boil for about 1 minute.
5. Remove vegetables or fruit with a slotted spoon and immediately place them into the bowl of ice for an ice bath.
6. Remove once cooled with slotted spoon and drain.